

IN THE CLAIMS:

This listing of claims will replace all prior versions and listings, of claims in the application:

Listing of Claims:

1. (Currently Amended) An exercise device for use by bed-ridden persons, wherein said device is capable of being assembled to a bed and comprising:

a base unit, wherein a first portion of said base unit is adapted to be positioned underneath ~~the a~~ mattress of the said bed, and a second portion of said base unit is adapted to abut[s] an end of the said mattress;

a top-side unit, wherein a first portion of said top-side unit is adapted to be positioned to rest on the ~~a~~ surface of the said mattress, said first portion of said top-side unit being positioned parallel to said first portion of said base unit, and a second portion of said top-side unit is attached to said second portion of said base unit, said base unit and said top-side unit together adapted to be adjustably fixed to said mattress; and

a first pedal unit, wherein said first pedal unit includes a first pedal portion and at least one shaft connecting said first pedal portion to a first receiving end located on said top-side unit;

whereby bed-ridden persons may use said wherein said first pedal portion is adapted to be utilized to perform bicycle-like exercises with their hands or feet.

2. (Currently Amended) The exercise device of Claim 1, further comprising:

a second pedal unit, wherein said second pedal unit includes a second pedal portion and at least one shaft connecting said second pedal portion to a second receiving end located on said top-side unit;

wherein ~~bed-ridden persons may use~~ said first and second pedal portions are adapted to be utilized to perform bicycle-like exercises simultaneously with their hands and feet.

3. (Currently Amended) The exercise device of Claim 2, wherein a housing encloses said first and second receiving ends located on said top-side unit, and said mounted housing extends orthogonally from said first portion of said top-side unit.

4. (Previously Presented) The exercise device of Claim 1, wherein said base unit is a hollow steel frame, and said first portion of said base unit is orthogonal to said second portion of said base unit.

5. (Previously Presented) The exercise device of Claim 4, wherein said top-side unit is a hollow steel frame, and said first portion of said top-side unit is orthogonal to said second portion of said top-side unit.

6. (Currently Amended) The exercise device of Claim 5, wherein said second portion of said top-side unit is a male hollow frame and insertable into said second portion of said base unit, wherein said second portion of said base unit is a female hollow frame.

7. (Previously Presented) The exercise device of Claim 1, wherein said first pedal portion is connected to said first receiving end by a plurality of telescopic slidable shafts.

8. (Currently Amended) The exercise device of Claim 1, wherein said end of the said mattress that said second portion of said base unit is adapted to abut[s] is the a foot end of the said mattress.

9. (Currently Amended) A bicycle for use by bed-ridden users, comprising:
an anchoring base unit comprising a frame portion and at least two attachments sections, said frame portion being stabilized by being adapted to be positioned beneath a bed mattress and said at least two attachments sections being orthogonal to said frame portion and being adapted to abut[ting] an end of said bed mattress;

a top-side unit comprising a support portion and at least two connecting sections, said support portion being adapted to positioned to rest on the a surface of said bed mattress, said frame portion being positioned parallel to said support portion, and said at least two connecting sections being capable of attaching to said at least two attachments sections, said anchoring base unit and said top-side unit together adapted to be adjustably fixed to said mattress;

a mounted housing, perpendicularly extending said from said support section portion of said top-side unit, comprising a receiving feature; and

a first pedal unit, wherein said first pedal unit includes a first pedal portion and at least one shaft connecting said pedal portion to said receiving feature.

10. (Currently Amended) The bicycle of Claim 9, wherein said at least two attachment sections are adapted to abut the a foot end of said bed mattress.

11. (Previously Presented) The bicycle of Claim 9, wherein said first pedal portion is connected to said first receiving feature by a plurality of telescopic slidable shafts.

12. (Currently Amended) The bicycle of Claim 9, further comprising:
a second pedal unit, wherein said second pedal unit includes a second pedal portion and at least one shaft connecting said second pedal portion to a second receiving feature located within said mounted housing; whereby bed-ridden users may use wherein said first pedal portion

and said second pedal portion are adapted to be utilized to perform bicycle-like exercises simultaneously with their hands and/or feet, or simultaneously with hands and feet.

13. (Previously Presented) The bicycle of Claim 12, wherein said first pedal portion is connected to said first receiving feature by a first plurality of telescopic slidable shafts.

14. (Previously Presented) The bicycle of Claim 13, wherein said second pedal portion is connected to said second receiving feature by a second plurality of telescopic slidable shafts.

15. (Currently Amended) An exercise device for use by bed-ridden users, comprising:
a base unit, wherein a first portion of said base unit is positioned underneath a user support, and a second portion of said base unit abuts an end of said user support;

a top-side unit, wherein a first portion of said top-side unit is adapted positioned to rest on the a surface of said user support, said first portion of said top-side unit being positioned parallel to said first portion of said base unit, and a second portion of said top-side unit is attached to said second portion of said base unit, said base unit and said top-side unit together adapted to be adjustably fixed to said mattress; and

a first pedal unit, wherein said first pedal unit includes a first pedal portion and at least one shaft connecting said first pedal portion to a first receiving end located on said top-side unit; whereby bed-ridden users may use wherein said first pedal portion is adapted to perform bicycle-like exercises with their hands or feet.

16. (Previously Presented) The exercise device of Claim 15, wherein said user support is a flat bed mattress.

17. (Previously Presented) The exercise device of Claim 15, wherein said user support is an adjustable bed mattress.

18. (Currently Amended) The exercise device of Claim 15, further comprising:
a second pedal unit, wherein said second pedal unit includes a second pedal portion and
at least one shaft connecting said second pedal portion to a second receiving end located on said
top-side unit;
wherein bed-ridden users may use said first and second pedal portions are adapted to be
utilized to perform bicycle-like exercises simultaneously with their hands and feet.